



Wholeheartedness: Busyness, Exhaustion, and Healing the Divided Self

Chuck DeGroat

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I'm being pulled in a thousand different directions.

As a therapist, Chuck DeGroat hears that line all the time. “I hear it from students and software developers,” he says. “I hear it from spiritual leaders and coffee baristas. And I hear it from my own inner self.”

We *all* feel that nasty pull to and fro, the frantic busyness that exhausts us and threatens to undo us. And we all *think* we know the solution — more downtime, more relaxation, more rest. And we're all wrong.

As DeGroat himself has discovered, the real solution to what pulls us apart is *wholeheartedness*, a way of living and being that can transform us from the inside out. And that's what readers of this book will discover too.

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